

Trying a new start

Posted by David26fr - 07 Mar 2016 17:42

Hello all,

After some weeks of sobriety, and 2 weeks of a big struggle... my Tapshic ended saturday night.

And I got a BIG crash yesterday afternoon, with p**n and other things.

Here now, I feel depressed and it's not easy to go ahead ...

I wanted to stop yesterday but I was falling again and again. It was only in the evening that I could say to stop to the yester !

After a cold analysis, I note 3 mistakes that led me to the fall :

- I have left a tiny flaw in the filter of my smartphone, but I didn't have the correct rigor to correct it quickly, and I left it for weeks thinking that it was not so grave.
- I have left my smartphone next to me during a little nap because I wanted to read a bit. But it was enough to take a book ! And I was aware that the situation was tendious. This and the precedent have done the falling.
- I didn't have my Tapshic renewed at time, I tried to did it in the morning but quickly the yester attacked me so hard that I dropped. Oy voy

What I see now, although I thought that I could start to control my addiction, it was a fault, the addiction remains relentless and uncontrollable, pushing me if I do not have barriers to do things more and more terrible !

I even looked to p**rn on my phone with my children not far away, a thing that I told myself that I will never do this, I was so crazy ...

I am not sure if my little girl of 15 days has not see briefly something when I closed my phone.

This is very horrible, an horrible feeling to me.

So... last night I renewed my TaPHSiC for a very long period, I corrected the flaw of the filter, I was going to pray netz this morning, I opened my heart to Hashem, but I am afraid and my mind is confused...

I juste hope to finally make a new start today

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Re: Trying a new start

Posted by David26fr - 22 Mar 2016 08:45

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Re: Trying a new start

Posted by markz - 22 Mar 2016 13:14

Sorry I missed the T. This is what I meant to write

It sounds like a big plan, like you want to drive a 18000 wheel truck and you CANT find the steering wheel

In other words

You have some ideas of what you want to work on, and they are also vague. For me? having such plans would leave me with a clouded windscreen and would cause me to crash my Truck c'v

I am not sure to understand well what you say

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Re: Trying a new start

Posted by David26fr - 22 Mar 2016 16:48

I understand better now !

I am trying to make these plans more precise, I have many ideas, but I don't know clearly where to begin...

What will be the most important ? Or ALL is important ?

What priority ?

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Re: Trying a new start

Posted by markz - 22 Mar 2016 17:06

Question is - do you want to get lust under control in a month or a few years

If you want to get sober before pesach, I recommend you review your GPS (see below), and write down what you have and what you haven't yet tried

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Re: Trying a new start

Posted by Workingguy - 22 Mar 2016 20:20

What Markz is saying is look around and see people's stories linked to in his signature and see what worked for them. See what you think might work and try it out.

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Re: Trying a new start

Posted by David26fr - 31 Mar 2016 11:20

I read the stories and reviewed my GPS, and I found much 'Hizuk and some points to improve.

Particularly, working to be sameach and to take one day after another.

Actually, the biggest danger, is... that everything is calm now... no attack at all !

But then, I tend to doze off and not to work... but it's now, when it is calm, that I have to work and to be prepared when the missiles will be coming !

If I am sleeping now, a simple attack will put me to the mat with a single uppercut.

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